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Sens' Spezza is not going anywhere: GM

Trade rumours surrounding star irritate Bryan Murray PAGE 21

Patrick Charette, director of corporate communications at the University of Ottawa, speaks to media in front of Tabaret Hall about University of Ottawa Gee-Gees hockey players involved in an alleged sexual assault probe on Monday. PATRICK DOYLE/THE CANADIAN PRESS

U of O suspends hockey team

Sexual assault probe. Incident at Lakehead U could involve players

TREVOR GREENWAY
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The University of Ottawa has suspended its entire men's varsity hockey team as allegations of sexual abuse involving team members have surfaced.

The allegations stem from an incident in late January, when the Gee-Gees were in Thunder Bay for back-to-back games against Lakehead University on Jan. 31 and Feb. 1. Although police in Thunder Bay confirmed they are investigating a third-party sexual assault complaint, they remain tight-lipped about the case.

The university issued a statement on its website Monday and held a brief press conference later in the day, but details of how many players are involved, what happened and how long the suspension could last, remain unclear.

The school's communications director, Patrick Charette, said the university was made aware of the "serious misconduct" on Feb. 24. The issue was handed over to the police the following day, but the school kept a lid on the matter until Monday — on police orders.

"Senior management was informed on (February) 24, we immediately informed the police. At their request, we started an internal review," Charette told reporters who were kept shivering outside the university's Tabaret Hall Monday. "We were asked not to communicate publicly until today and that is what we are doing now."

School officials at Lakehead University were just as shocked to hear the news when reporters started digging around.

"We are learning about it as you are reporting," said Lakehead director of communications Toby Goodfellow. "We have no reports and the police haven't contacted us yet, but if they do, we will have a lot of concerns. I certainly hope that it is no one from our community."

The allegations come at the same time the University of Ottawa is knee-deep in controversy after four members of the school's student federation stepped down for making inappropriate sexual comments on Facebook about federation president Anne-Marie Roy earlier this week. Roy called the banter "rape culture," and is now speaking out against the online insults.

Charette said violence against women at the school is a serious issue and added that the latest allegations involving varsity hockey players is a "top priority."

Shocked

"I certainly hope that it is no one from our community."

Lakehead University director of communications Toby Goodfellow

More coverage on page 3

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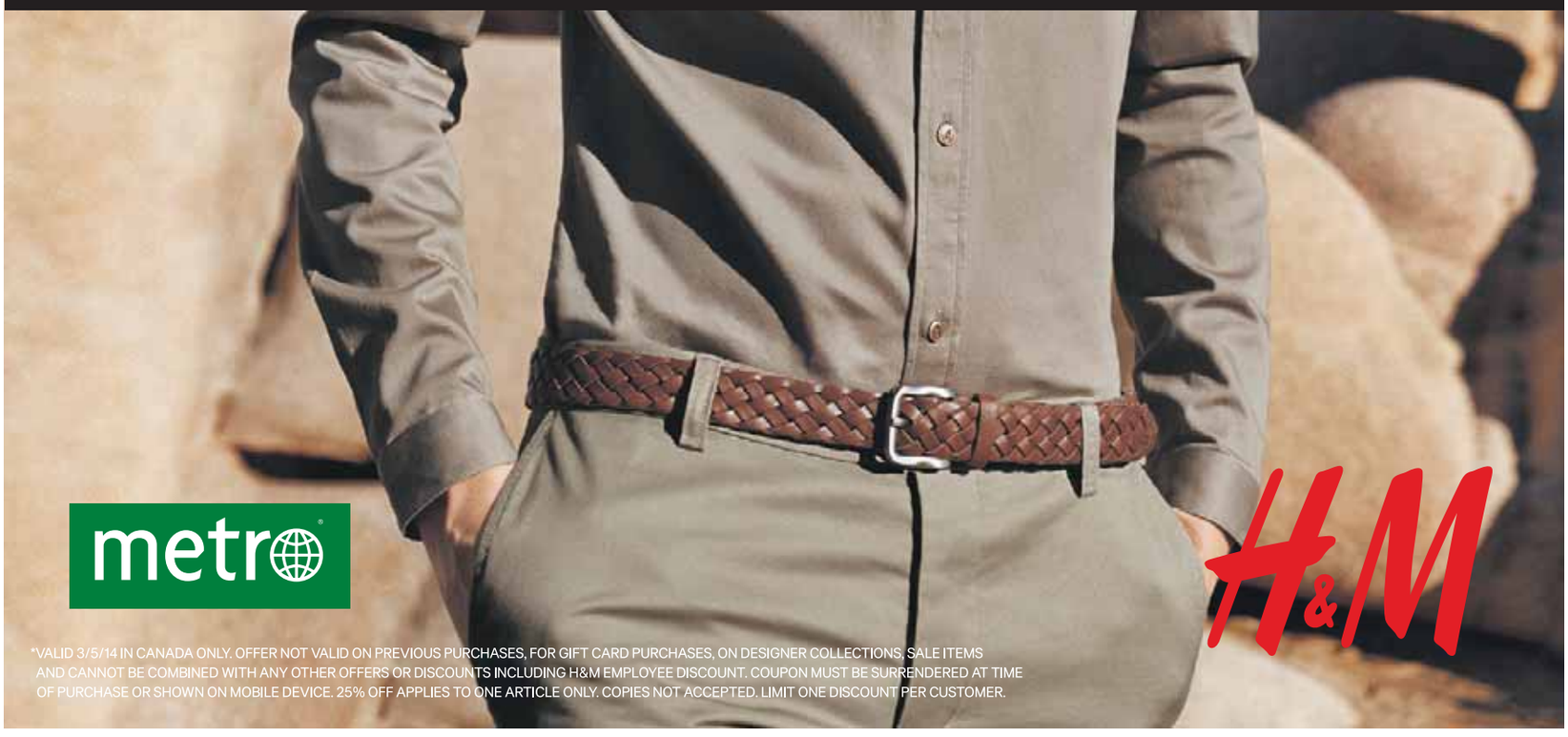

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Students debate whether rape culture thrives on campus

University of Ottawa. Lecherous talk online and hockey team probe leave some uneasy

TREVOR GREENWAY
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The University of Ottawa has been hit with two sexually charged scandals in as many days, and some students say they are starting to see a "rape culture" emerge in the hallways — and dressing rooms.

University of Ottawa Student Federation Vice-President of Equity Nicole Desnoyers, who attended a press conference about the suspension of her school's men's hockey team amid a sexual-assault investigation, said her board has a meeting lined up with university president Allan Rock to address the so-called "rape culture" that seems to be growing at the campus.

"I think that campuses are spaces that do garner a lot of those attitudes," she said.

"We know that one out of three woman will experience sexual assault in their lifetime, and the vast majority of them will experience this while they are on campus, so it is an issue that we have been working on for years and that we will continue to work on."

Student Rachelle Binette said she was shocked to learn that some members of the hockey team may have been involved in a sexual assault — especially since she studies with a few of them.

"The guys that I know are actually quite fantastic; I wouldn't expect this from them whatsoever," she said.

When asked if she thinks there is a "rape culture" on campus, she said "absolutely not," adding that she has never felt unsafe while studying late at the school.

Isolated cases?

"It is really unfortunate, but I don't think it's a reflection of the hockey team as a whole."
Student Rachelle Binette

University of Ottawa Student Federation Vice-President of Equity Nicole Desnoyers speaks to reporters outside Tabaret Hall. TREVOR GREENWAY/METRO

Legal threats dropped after target goes public

Student leader Anne-Marie Roy
THE CANADIAN PRESS FILE

A student union leader at the University of Ottawa is no longer facing legal threats after going public about an online conversation in which she was the target of sexually graphic banter.

But Anne-Marie Roy said she's had to grapple with backlash from some who suggest she may be magnifying what she has called a clear example of "rape culture."

"I'm not surprised this is the reaction they're having because rape culture has been so normalized that it's very subtle, it's hard to point out because it's something that we see on a regular basis," the 24-year-old said in an interview on Monday.

The conversation included references to sexual activities some of the five individuals wrote they would like to engage in with Roy, including oral and anal sex, as well as suggestions she suffered from sexually transmitted diseases.

Four of the five men threatened to sue her for violating their privacy if she went public with her complaint, but she spoke out nonetheless.

After her story spread, Roy says she got a phone call Sunday night from one of the group's members saying they were backing down from their legal threats.

"I'm happy to see that the men understand that ... threatening to sue me is actually not them taking responsibility," she said.

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Ottawa esthetician struggles for work in female-dominated field

'It's just been horrible.' 20-year-old Ottawa man says he's been told by employers that he has little chance to get work because he's a man

LUCY SCHOLEY
lucy.scholey@metronews.ca

With his well-groomed eyebrows and pink lips, Emmanuel Vien has the face of an esthetician.

But the 20-year-old Ottawa man said he's struggling with landing a job in the field because of his gender.

"It's just been horrible," he said.

Vien said he has landed about a dozen interviews over the past four months and at least half of those employers told him that he has little chance in esthetics because he's male.

"You'll never be successful in this industry," "You're not going to get far at all" and "You don't fit in," are among the comments Vien said he's heard from potential employers.

"It's just not a male-dominated industry," he said. "Hairdressers, makeup artists — they're totally well-known to be men. But in esthetics, it's kind of like climbing a rocky mountain just because there's not many of them at all."

Vien is interested in "holistic" esthetics, which includes waxing, makeup, facials and body treatments.

Vivianna Sigurdson, who owns Vivianna Day Spa, said it would be "amazing" to have a male esthetician on her team, but she's never had any apply. The one possible concern, she said, would be waxing.

"I don't think women would feel comfortable because they're really exposed," she said.

While Vien said he understands that perspective, he has only had two clients turn down his services in his five years in the industry.

After graduating from the Versailles Academy of Make-up Arts, Vien worked for a year at Daya Spa in Ottawa. He said he had a positive experience there as the only male esthetician, but left because they could not give him the hours he wanted.

He currently works as an assistant at a hair salon. He said he will keep applying for jobs in his field.

A tough climb

"Hairdressers, makeup artists — they're totally well-known to be men. But in esthetics, it's kind of like climbing a rocky mountain just because there's not many of them at all." Esthetician Emmanuel Vien

Emmanuel Vien, pictured here applying makeup, is a male esthetician who says he's been struggling to land a job in Ottawa because of his gender. CONTRIBUTED

SkyHawks eye Lansdowne venue

Ottawa SkyHawks' Ryan Anderson is restrained by team owner Gus Takkale, right, and teammate Justin Tubbs after a 103-100 loss to Mississauga in Ottawa on Sunday. Anderson was upset about a controversial call where an official said he stepped out of bounds while attempting a three-point shot in the final second of the game. MIKE CARROCCETTO/FOR METRO

If Gus Takkale learned one thing during the very first year his Ottawa SkyHawks took to the court, it's that Kanata is way too far.

The owner of Ottawa's pro basketball team told Metro Monday — a day after his SkyHawks endured a heartbreaking, season-ending loss — that he is working on securing a new home venue at TD Place at Lansdowne for next season.

It's a more central venue that can draw more fans to what Takkale calls a growing sport in Ottawa.

"It's ideal," said Takkale of moving to Lansdowne next season. "You tap into the downtown, you tap into the university students in Ottawa University and Carleton, you tap into Gatineau. You tap into a whole different marketplace of people, parking, bus routes. It's night and day."

Takkale said there was never a problem getting people out to games, as the team averaged 1,900 spectators for weekend games and about 860 for weekdays, but getting out to the Canadian Tire Centre is just too much of a hassle, he said.

Sixth place

The SkyHawks finished its debut season with a winning record of 21-20, good enough for sixth place in the National Basketball League. The team had a shot at squeaking into the playoffs, but fell to the last-place Mississauga Power in a 103-100 loss Sunday.

"If you can have 1,900 people come out to Kanata with the traffic, with the location, with the -40s in some games, I think you can do some really great stuff downtown," he said. "A central location is a no-brainer."

Aside from a venue change, Takkale said the SkyHawks are also focusing on landing local sponsors to help drive the team financially, as it did struggle a bit this season with the league and other team owners on standby to help with cash if needed. The SkyHawks never did take a loan and Takkale says for the team to survive long-term, it needs local support.

TREVOR GREENWAY/METRO

Tweedsmuir. 10-year-old home alone during a sick day thinks fast during fire

A 10-year-old Ottawa boy was taking a sick day from school when his family home caught fire on Monday morning.

Ottawa firefighters were called to the two-storey single-family house on the 600 block of Tweedsmuir Avenue at about 10:50 a.m.

The boy — who was alone at the time — had gotten up to let the dog out when he smelled smoke, according to Ottawa Fire Services' public information officer Marc Messier. The boy immediately ran over to the house of a neighbour, who grabbed a fire extinguisher and went back to investigate. After confirming the house was full of smoke, the neighbour collected the dog and called 911.

The fire started in the basement, where firefighters were able to contain the blaze, but heavy smoke damaged the rest of the house. The cause is still under investigation.

Damages are estimated at $250,000 to the home and $100,000 to contents.

LUCY SCHOLEY/METRO

Ottawa firefighters battle a blaze at the 600 block of Tweedsmuir Avenue on Monday. COURTESY OTTAWA FIRE SERVICES

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Lynn Mainland of Health Canada speaks about the Orphan Drug Regulatory Framework at a conference organized by the Canadian Organization for Rare Disorders (CORD) at the Westin Hotel on Monday. TANYA KIRNISHNI/FOR METRO

Canada lags in rare-disease fight, group says

Possible solution.
Health Canada prepares to launch pilot program for patient input

TANYA KIRNISHNI
ottawa@metronews.ca

Canada is playing catch up in the global field of rare disease research and treatment initiatives.

"We've never had the opportunity to talk about an overall program for how we identify, screen and diagnose these diseases," said Canadian Organization for Rare Disorders (CORD) CEO Durhane Wong-Rieger as she spoke at a conference in Ottawa Monday about overcoming the challenges of rare diseases.

Unlike the U.S. and Europe, Canada has not deployed the resources to implement a proper rare disease program.

Wong-Rieger explains the challenges patients face from the onset: "It's taking them years to get a diagnosis and they're going from family physician, to pediatrician, to specialist."

The lengthy and expensive process is exacerbated by insufficient funding for research and a lag in drug approvals.

Kendra Hunter and Lynn Mainland of Health Canada presented one possible solution, an upcoming pilot program for patient input to the Orphan Drug Regulatory Framework (ODRF), which officials are hoping to launch in spring. Mainland says that patients quickly become experts on their own disease and this program would allow them to provide critical feedback for treatment development.

Accused donated to defence fund for Khadr

An alleged terror conspirator donated hundreds of dollars to a defence fund for Omar Khadr and visited his family in Toronto, an Ottawa courtroom heard on Monday.

Dr. Khurram Syed Sher, a 31-year-old London, Ont. pathologist accused of conspiring to commit acts of terrorism on Canadian Forces Base Trenton, testified that he donated between $500 and $600 to the Khadr fund in 2010.

Sher said he had visited the Khadr family home to deliver a copy of a letter that Omar had sent to a friend from Guantanamo Bay. Khadr was captured at the age of 15 and detained at Guantanamo for killing an American soldier in Afghanistan during a battle.

Sher had previously testified that he also donated $400 towards charity for "brothers" in Iraq. He said he had given the cash to one of his two alleged co-conspirators, but he said he thought it was charity money for those "suffering" in Iraq.

Khurram Syed Sher leaves the Ottawa Courthouse. SEAN KILPATRICK/THE CANADIAN PRESS

During Sher's examination last week, Crown prosecutor Jason Wakely said the funds instead went to the other alleged co-conspirator. Wakely described that alleged co-conspirator as a "dangerous, crazy, radical man," who wanted to fund weapons for the Mujahedeen.

Sher said it was not until a dinner conversation with his two alleged co-conspirators on July 20, 2010 that he realized the cash was not intended for charity.

Sher had stopped for dinner in Ottawa while on his way from Montreal to his new pathologist job in London, Ont. It was also the same month he visited Khadr's family.

RCMP had bugged the homes, phones and cars of Sher and his two alleged co-conspirators, who cannot be named under a publication ban. This dinner conversation included bomb making and attacking CFB Trenton during a repatriation ceremony.

Sher suggested there was never any serious plan of attack and the conversation descended into a "farce" at the end. LUCY SCHOLEY/METRO

FIFA World Cup

Mayor gets behind bid

Ottawa's mayor lent his support to a bid by the Canadian Soccer Association to bring the 2026 FIFA Men's World Cup to Ottawa.

In a letter to the general secretary of the Canadian Soccer Association, Peter Montopoli, Mayor Jim Watson touted Ottawa's past success hosting the NHL All-Star Weekend, the World Junior Hockey Championships and boasted that Ottawa will be an official host city for the FIFA Women's World Cup in 2015. METRO

Enforcement blitz

Cops beef up transit busts over the weekend

More than 90 charges were dealt out over the course of four days during a transit enforcement blitz by the Ottawa Police Service.

Working with OC Transpo, they managed to address a number of municipal and provincial criminal offences. The crackdown took place between Feb. 26 and March 1 on OC Transpo vehicles and City of Ottawa properties.

West Neighbourhood officers conducted surveillance on various routes and stations such as Westboro, Lincoln Fields, Pinecrest, Baseline, Strandherd and Market Place in Barrhaven. Charges involved everything from trespassing to uncontrolled substance abuse and violators were met with a zero tolerance policy.

"This type of initiative will be repeated," said Sergeant Rick Baldwin-Ooms, citing the success of the blitz. TANYA KIRNISHNI/METRO

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Russia setting agenda in Ukraine

'Dangerous escalation.' The U.S. government warned they would hold Russia accountable for threats to Ukraine's navy

Russia called for the adoption of a national unity deal in Ukraine even as it tightened its stranglehold over Crimea, an audacious combination of diplomacy and escalating military pressure. The U.S. and European Union floundered for solutions — while global markets panicked over the prospect of violent upheaval in the heart of Europe.

Fears grew that the Kremlin might carry out more land grabs in pro-Russian eastern Ukraine, adding urgency to Western efforts to defuse the crisis. U.S. Secretary of State John Kerry was heading to Kyiv in an expression of support for Ukraine's sovereignty, and the EU threatened a raft of punitive measures as it called an emergency summit on Ukraine for Thursday.

Fugitive president

Ukraine's mission to the United Nations claimed Monday that 16,000 Russian troops have been deployed in the strategic Crimea region.

- Russia's UN ambassador told an emergency Security Council meeting that Ukraine's fugitive president requested them.

But it was Russia that appeared to be driving the agenda.

Foreign Minister Sergey Lavrov said at a UN Human Rights Council session in Geneva that Ukraine should return to an agreement signed last month by pro-Russian President Viktor Yanukovych — but not Moscow — to hold early elections and surrender some powers. Yanukovych fled the country after sealing the pact with the opposition and foreign ministers of France, Germany and Poland.

"Instead of a promised national unity government," Lavrov said, "a government of the victors has been created."

Meanwhile, Ukrainian authorities said that Russian troops had issued an ultimatum for two Ukrainian warships to surrender or be seized — prompting the country's acting president to accuse Russia of "piracy."

Ukraine's corvette Ternopil and the command ship Slavutych were being blocked by four Russian navy ships in Sevastopol's harbour, a Ukrainian military spokesman said. Acting president Oleksandr Turchynov said commanders and crew were "ready to defend their ships." THE ASSOCIATED PRESS

Russian President Vladimir Putin, centre, Defense Minister Sergei Shoigu, left, and the commander of the Western Military District Anatoly Sidorov, right, walk after arriving to watch military exercises near St. Petersburg, Russia, on Monday. MIKHAIL KLIMENTYEV/PRESIDENTIAL PRESS SERVICE/RIA-NOVOSTI/THE ASSOCIATED PRESS

Tactics

Not so quiet on the Western front

The U.S. and major allies strained on Monday to rally a strong Western front to persuade Russia to step back from a military takeover of Ukraine's strategic Crimea region. But several acknowledged there are few options beyond already-threatened economic and diplomatic penalties, and critics said Obama administration efforts were too little.

President Barack Obama called the Russian advance in Crimea a violation of international law. He urged Congress to approve an aid package for the Ukrainian government.

Egyptian cops sentenced for death sparking 2011 uprise

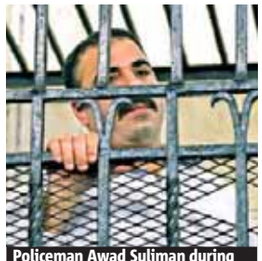
A court sentenced two policemen on Monday to 10 years in prison for the 2010 brutal beating death of a young Egyptian that became a rallying cry for the protesters who overthrew longtime autocrat Hosni Mubarak.

Rights groups however said the years-long wait before anyone was held accountable for the killing of 28-year-old small businessman Khaled Said in the port city of Alexandria highlights that the wider problem of police abuse, a major grievance of the 2011 protesters, remains unresolved.

Photographs of the dead Said's face, disfigured by what appeared to be a brutal beating, were posted on the Internet and became a rallying cry against torture and other police brutality under Mubarak. Activists used a Facebook page set up in Said's memory to call for the protests that ultimately forced Mubarak from power in February 2011.

Authorities long denied that Said was killed, with successive forensic reports and official statements claiming he had choked on a packet of drugs he swallowed to hide it from the approaching policemen.

The two low-ranking policemen — Awad Suliman and Mahmoud Salah — had previously been convicted and handed sentences of seven years but that conviction was later overturned and a new trial was ordered. THE ASSOCIATED PRESS



Policeman Awad Suliman during sentencing. THE ASSOCIATED PRESS

Pompeii

Wall of ancient shop collapses

A section of wall around an ancient shop in Pompeii is the latest casualty of rain in one of Italy's most popular archaeological sites. The damage is in an area long closed to the public, at the edge of the excavations of the ancient Roman city.
THE ASSOCIATED PRESS

North Korea

Missionary deported

North Korea on Monday deported Australian John Short for spreading Christianity near a Buddhist temple in Pyongyang on Feb. 16, saying he apologized for his anti-state religious acts and requested forgiveness.
THE ASSOCIATED PRESS

Agricultural woes

Mozambique facing famine

Mozambique agriculture minister Jose Pacheco says that more than 300,000 people in the southern African state face famine this year. Pacheco said the famine has been caused in part by flooding and insect plagues.
THE ASSOCIATED PRESS

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Air ignorance. Passenger's sexist note sends veteran pilot's anger sky-high

Sexist remarks about a female pilot left on a passenger's napkin aboard a Calgary flight bound for Victoria Sunday have prompted a heated response from the seasoned flier.

Carrie Steacy, a pilot of 17 years who currently works for WestJet, said she was "shocked" when alerted to the message left by someone named "David," who was believed to be seated aboard Flight No. 463.

David wrote that the cockpit of an airplane is "no place for a woman," and asked that WestJet alert him the next time "a fair lady is at the helm, so I can book another flight!"

Steacy didn't take the comments lying down, posting a heated response to her Facebook page that instantly generated hundreds of reposts and comments.

"I respectfully disagree with your opinion that the 'cockpit' (we now call it the flight deck as no c***s are required) is no place for a lady," she said. "In fact, there are no places that are not for ladies anymore."

A portion of a sexist note left aboard a Calgary flight has stirred criticism from the pilot targeted by the remarks. FACEBOOK

"I just couldn't believe there are still people in this country that think like that," Steacy told Metro. "It just shocked me."

WestJet was also quick to denounce the comments.

"We take enormous pride in the professionalism, skills and expertise of our pilots and this note is very disappointing," spokesperson Robert Palmer said in an emailed statement.

JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM EMILY JACKSON

Quebec. Dead body found was that of former Liberal politician, police confirm

Quebec provincial police say a woman found dead Saturday in the town of Matane is Nancy Charest, a former Liberal member of the national assembly.

The 54-year-old Charest was found near Highway 195, about 400 kilometres northeast of Quebec City.

Police say their investigation leads them to believe she was not the victim of foul play.

A coroner will perform an autopsy to confirm the exact cause of death.

Charest, who was not related to former Liberal premier Jean Charest, was a member of the legislature from 2003 to 2007 before being defeated by a Parti Quebecois candidate.

She also had two unsuccessful runs as a candidate for the federal Liberals, in 2008 and 2011. THE CANADIAN PRESS

Sask. lawyer suing Sun News host in $100K defamation suit

Ezra Levant is shown at the University of Ottawa in March 2010. Saskatchewan lawyer Khurrum Awan, who says Levant defamed him in a series of blog posts, is seeking $100,000 in damages. Levant caused "tremendous" damage to Awan with posts labelling him a jihadist and a liar, the lawyer alleged Monday as his defamation lawsuit against the controversial Sun News Network personality went to trial. PAWEL DWULIT/THE CANADIAN PRESS

Pot program 'compromised' by rapid growth, feds claim

'Significant unintended consequences.' Growing medical marijuana at home poses fire hazards, threat of crime for users, says government

The unforeseen growth of the federal medical marijuana program has "seriously compromised" the goal of providing the drug to patients while ensuring public safety, the government says.

The number of people authorized to possess — and often grow — marijuana under the federal program has risen to 37,000 this year from fewer than 100 in 2001, resulting in "significant unintended consequences."

In a court document defending imminent changes to the program, the government says growing marijuana at home poses hazards including mould, fire, toxic chemicals and the threat of home invasion by criminals.

It says the number of licensed users could climb as high as 400,000, adding it is not possible for Health Canada to effectively inspect tens of thousands of production sites across the country.

Injunction requested

Several B.C. residents are asking the Federal Court of Canada for an injunction that would allow them to continue growing their own pot.

- They argue the planned new system would deny them a safe, affordable supply of the particular strain of marijuana that meets their medical needs.

The government also rejects legal arguments that denying people the right to produce their own pot would violate their Charter of Rights guarantee of "security of the person."

Under the existing program, people are issued licences to cultivate marijuana for personal use to help ease painful symptoms. Beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for distribution to approved patients by mail. THE CANADIAN PRESS

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Witness at Pistorius trial recalls screams

Oscar Pistorius is escorted out of the high court after the first day of his murder trial in Pretoria, South Africa, Monday. The first witness — Michelle Burger, who lives about 180 metres from Pistorius' house — testified to hearing "blood-curdling" screams from a woman before she heard four gunshots on the night the double-amputee Olympian killed his girlfriend. Pistorius is charged with murder with premeditation in the shooting death of girlfriend Reeva Steenkamp in the pre-dawn hours of Valentine's Day 2013. THE ASSOCIATED PRESS

Death row. U.S. top court skeptical of IQ tests in deciding inmate's fitness

The U.S. Supreme Court appeared likely Monday to say that states can't rely on intelligence test scores alone in borderline cases to determine that a death row inmate is mentally able and thus eligible to be executed.

The justices heard arguments in a challenge from a Florida inmate who says there is ample evidence to show that he is mentally disabled and protected from being put to death, even though most of his IQ scores have topped 70. That score is the widely accepted as a marker of mental disability, but medical professionals say that test results have a margin of error and are just one factor in determining mental disability.

The case centres on how authorities determine who is eligible to be put to death, 12 years after the justices prohibited the execution of the mentally disabled.

In Florida, an intelligence test score higher than 70 means an inmate is not mentally disabled, even if other evidence indicates he is.

Inmate Freddie Lee Hall, convicted of killing a 21-year-old pregnant woman in 1978, has scored above 70 on most of the IQ tests he has taken since 1968. THE ASSOCIATED PRESS

Two cases

The court agreed to hear two cases during its next term that involve matters of personal hygiene in vastly different settings.

- In one case, the court will decide whether an Arkansas inmate must be allowed to grow a short beard in accordance with his religious beliefs.
- The high court is also taking up a North Carolina case in which the state's dental regulatory board argues that only dentists should be allowed to whiten teeth.

Iran

Uranium stock cut, UN nuke chief says

Iran is cutting its stock of uranium that is closest to atomic weapons-grade as mandated in a deal with six world powers, the head of the UN nuclear agency said Monday.

But Yukiya Amano noted that the International Atomic Energy Agency remains short of money to be able to monitor Tehran's compliance with the agreement.
THE ASSOCIATED PRESS

Pakistan

Gunmen attack court complex

Gunmen stormed Pakistan's main court complex in Islamabad on Monday, cutting down fleeing lawyers before blowing themselves up in a rampage that killed 11 people. It was the deadliest attack in Islamabad since a 2008 truck bombing killed 54 people.
THE ASSOCIATED PRESS

Obama pressures Israel as peace talks deadline looms

Israeli-Palestinian conflict. U.S. seeking to get both sides to sign a framework by the end of April

Seeking to salvage an elusive Middle East peace plan, U.S. President Barack Obama pressed Israeli Prime Minister Benjamin Netanyahu Monday to make the "tough decisions" needed to move forward on talks with the Palestinians.

But facing a U.S.-imposed April deadline, the Israeli leader declared pessimistically that, "Israel has been doing its part and, I regret to say, the Palestinians have not."

Obama and Netanyahu spoke before a White House meeting on a snowy Monday in Washington.

The meeting marked a more direct foray by Obama into the peace negotiations, which he has so far largely ceded to Secretary of State John Kerry.

Kerry has made nearly a dozen trips to the region over the past year and is seeking to get both sides to sign a framework by the end of April that would serve as a guide for negotiations on a permanent solution to the long-running conflict between the Israelis and Palestinians.

The framework aims to address the core issues in the dispute, including borders between Israel and a future Palestine, the fate of Palestinian refugees and the status of the holy city of Jerusalem.

"Some tough decisions are going to have to be made," Obama said.

The president will meet in Washington later this month with Palestinian Authority President Mahmoud Abbas.
THE ASSOCIATED PRESS

West Bank settlements

Building activity doubled last year

Israel began building more than twice as many West Bank settlement homes in 2013 than it did the previous year, Israel's central bureau of statistics said Monday, just hours before its prime minster faced President Barack Obama in Washington.

In its annual roundup of the Israeli housing market, the bureau said work began on 2,534 new housing units in the settlements in 2013, compared to 1,133 in 2012. Nationally, Israel had a 3.4 per cent increase in housing starts over the same period.

The two leaders have been at odds over Israel's settlement policies on war-won land.
THE ASSOCIATED PRESS

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Want to make thousands at home?

Do your research first. Herbalife's posters offer an easy way to make cash, but the company is facing pyramid scheme allegations

JESSICA SMITH CROSS
Metro in Toronto

Have you seen a poster in your neighbourhood offering the chance to work from home?

There's a good chance it's for Herbalife, a behemoth, international, publicly traded multi-level marketing company that's sold weight loss and health products for more than 30 years.

The flyers don't mention allegations the company is a massive pyramid scheme that could one day collapse or be shut down, putting the fortunes of some of the world's poorest and richest people at stake.

A U.S. senator has called on the Federal Trade Commission to investigate if Herbalife is a pyramid scheme.

The New York Post, citing anonymous sources, reported the Canadian Competition Bureau — Canada's version of the FTC — has launched an investigation of its own, based on Canadians' complaints. The bureau would not confirm an investigation because its investigations are confidential.

There are approximately three million Herbalife distributors in 92 countries across North and South America, Europe, Asia, the Middle East and Africa — more than 13,000 in Canada.

Distributors make money two ways. The first is buying the products from Herbalife at a discount from the suggested retail price and re-selling them at a profit.

The second is payments from the company, which include a percentage of the money spent on Herbalife products by the people they recruit to become Herbalife distributors, and the people they in turn recruit, and so on, who are collectively called their "downline."

The company also issues bonuses and all-expenses paid vacations to certain distributors with high-performing downlines.

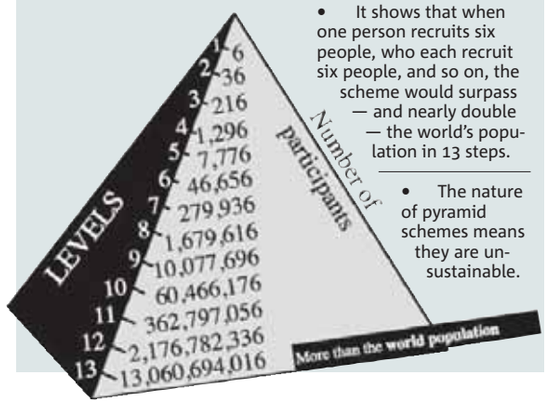
Pyramid schemes, which are illegal in most of the world, including Canada, are a type of fraud that involves participants recruiting more and more participants, where those at the top profit and those at the bottom lose out.

More online

Find out what happened when Metro reporter Jessica Smith Cross went undercover as a prospective Herbalife distributor, at metronews.ca.

Hard to climb a pyramid

This graphic, created by the U.S. Securities and Exchange Commission, illustrates a pyramid scheme.



- It shows that when one person recruits six people, who each recruit six people, and so on, the scheme would surpass — and nearly double — the world's population in 13 steps.
- The nature of pyramid schemes means they are unsustainable.

Hope vs. reality

Reading between Herbalife's lines

If you search for Herbalife online, you can find video testimonials of distributors with their expensive homes and cars.

But do those videos match reality?

To learn how Herbalife works, we called the number from a "WORK FROM HOME" flyer, listened to the pitch and signed up. Here's what we learned about new recruits' high hopes and the reality of Herbalife.

Herbalife hope

• New Herbalife distributors make money by selling the products. They buy product at 75 per cent of its retail price and can make 25 per cent profit.

Herbalife reality

• The profit margin is smaller and depends on where you live and how much product you order at once thanks to taxes and high shipping and handling fees. For example, if a new Toronto-based distributor orders the core products for a customer who pays the retail price of $102.75, the distributor's profit is just $5.95 — a margin of just over five per cent, and doesn't include overhead — such as gas and the cost of putting up flyers or setting up websites to attract customers.

Herbalife hope

• Selling Herbalife products at the suggested retail price is easy.

Herbalife reality

• There are about three million independent Herbalife distributors worldwide and many sell the products on sites such as eBay at significant discounts from the suggested retail price.

Herbalife hope

• Distributors can get a better profit margin — 50 per cent — by becoming a "supervisor" through buying $4,000 worth of product from Herbalife in one month or $2,500 and $2,500 in two consecutive months, and reselling it.

Herbalife reality

• Some Herbalife distributors become a "supervisor" by paying Herbalife $4,000 for a large shipment of product at a discount before they have the customers to sell it to, hoping to turn a greater profit. Former distributors say they've ended up stuck with product they can't sell at a profit, and unload it online.

A screen shot of a Herbalife testimonial from Herbalife Chairman's Club member Doran Andry. In the video, he says: "I step out of the Ferrari, the Bentley, or whatever, and people go — 'what does that guy do for a living?' — and I go, 'I'm a Herbalife independent distributor,' and people are absolutely amazed." YOUTUBE

Herbalife hope

• Herbalife distributors have become wealthy by building up large "downline" organizations.

Herbalife reality

• Only about one per cent of the 13,786 Canadian Herbalife distributors in 2012 made more than $10,000 all year from their "downline" sales organizations. Nine Canadians earned in the hundreds of thousands or millions of dollars.

The vast majority — 96 per cent — of Canadian Herbalife distributors made less than $1,000 from their "downlines."

Herbalife hope

• The people who don't make money just aren't trying hard enough.

Herbalife reality

• Eighty-eight per cent of Canadian distributors collected no payments from Herbalife in 2012. About 17 per cent of the company's total 13,786 Canadian distributors have put in the work to become "sales leaders with a downline" which means they, or someone in their downline, bought a significant amount of product from Herbalife — but three out of four of them made less than $1,000 in compensation in 2012.

Herbalife's response:

"Approximately 70 per cent of Herbalife members join to get a product discount and have no intention of trying to make any money. For the others, Herbalife offers an opportunity to supplement an income or build a business, based on their individual goals and efforts. As part of our commitment to our members, we believe Herbalife sets a new industry standard in terms of its consumer-protection policies, including clear, accurate and timely disclosures to prospective members regarding potential income-generating opportunities; no minimum purchases and low start-up cost; generous refund policies covering the nominally priced start-up kit and resalable product."

Ball's back in Bill Gates' court as he regains title

Spinning in his favour. Billionaire philanthropist named world's richest person, with his net worth estimated at $76B

Warren Buffett watches Bill Gates use an oversize paddle as they play doubles against a table tennis prodigy back in 2012. Gates is once again the world's richest person while Buffet came in fourth place. NATI HARNIK/THE ASSOCIATED PRESS FILE

Microsoft co-founder Bill Gates is back on top of the list of the world's richest people after a four-year hiatus.

Forbes magazine announced its ranking of the world's billionaires Monday.

Gates, who led the list for 15 of the past 20 years, won the spot back from Mexican telecom mogul Carlos Slim Helu, who had topped the list for the past four years. Gates' net worth is estimated at $76 billion US; Slim Helu follows at $72 billion US.

Spanish clothing magnate Amancio Ortega, known for the Zara retail chain, maintained his third-ranked spot and came out ahead of famed U.S. investor Warren Buffett, who ranked fourth. Larry Ellison of Oracle came in fifth.

Forbes says a record 1,645 billionaires made the list this year, with an average net worth of $4.7 billion US. That's up from 1,426 billionaires last year with a net worth of $4.2 billion US. Total net worth of this year's list was $6.4 trillion US, up from $5.4 trillion US last year.

The magazine said that 1,080 of the billionaires were self-made, 207 inherited their wealth and 352 inherited a portion but are still growing it.

THE ASSOCIATED PRESS

Whether it's actually a joke, cultural commentary or a serious business venture, BiteLabs has Twitter users licking their lips in anticipation. CONTRIBUTED

Treating stars like a piece of artisanal meat

CRAIG GOODHEW
Metro World News

How does Kanye West taste? It's a mystery that has cruelly eluded mankind. But BiteLabs is promising to provide answers for a range of celebrities, to create haute-couture meats through lab-developed tissue samples. A spokesperson for the organization told us more.

What was your inspiration?
BiteLabs is a recently formed startup that is trying to get off the ground to provoke a dialogue around what we see as an emerging market space. We think this is a fresh and still relatively untouched market and we're excited to be one of the first major commercial players in it.

How are you deciding which celebrities — did you consider their flavour?
We've consulted with culinary experts about developing flavour profiles for our celebrities. The four celebrities on the website do not necessarily make our final selection. In fact, we're willing to take any celebrity as a candidate. We've asked that our audience simply tweet at the celebrity they are interested in with the hashtag #EatCelebrityMeat.

Unfair competition?

Supreme Court to look at who gets to whiten teeth

The Supreme Court will examine the North Carolina dental regulatory board's claim that only dentists should be allowed to whiten teeth.

The justices on Monday agreed to hear the state's Board of Dental Examiners' challenge to a lower court ruling and an order by the Federal Trade Commission.

The FTC said the board engaged in unfair competition in the market for teeth-whitening services by shutting down businesses such as day spas that offered the service.

THE ASSOCIATED PRESS

Peter Mansbridge

CBC anchor fights back after report of paid speaking gig

CBC News anchor Peter Mansbridge defended himself Thursday after a report that he made a paid speech to petroleum producers, saying he has never publicly promoted or opposed oilsands development.

"If I leave a speech and those in attendance think they know where I stand on any controversial issue, then they're guessing. Because they won't find it in the words I've spoken," he wrote in a blog post on the CBC website.

THE CANADIAN PRESS

Market Minute

DOLLAR
90.22¢ (-0.08¢)

TSX 14,212.74 (+3.15)

OIL $104.92 US (+$2.33)

GOLD $1,350.30 US (+$28.70)

Natural gas: $4.50 US (-$0.19)
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PROPER SPELLING IS SEXY

SHE SAYS

Jessica Napier
metronews.ca

I was browsing through a popular online dating site on the weekend when I spotted a rather strange request. In the process of completing an online profile, the site asks each new user to share his or her opinion on the concept of "Soul Matess." Incidentally, I think there's something quite sexy about an individual who takes the time to edit his work.

Today happens to be National Grammar Day, a unique holiday that brings together smug copy editors and other faultfinders to celebrate the rules that govern the English language while snickering at the linguistic ineptitude of the general population. And while I think championing proper grammar should be a year-round initiative, it's nice to have a special day for wordsmiths to unite against erroneous writing. For those of us who are afflicted with the nit-picking gene, the world is an upsetting place full of comma splices, dangling modifiers, apostrophe abuse and misspelled words.

Tim Hortons, arguably one of Canada's most iconic and nationalistic institutions, offers a selection of decidedly unpatriotic donuts. "Donuts" is the simplified American spelling of the word, made popular by the Dunkin' Donuts chain of coffee shops. North of the border, we favour the lengthier and more pompous "doughnut" for those delicious ring-shaped pieces of heaven. In this case, a spelling error isn't simply a casual mistake but a purposeful assault on our Canadian pride.

If I'm starting to sound like an insufferable stickler for proper sentence structure, it's because I am. I understand that language changes over time — hyphens are dropped as compound words are fused together, the serial comma falls in and out of favour and slang words such as "buzzworthy" and "selfie" get promoted to Oxford Dictionaries — but that doesn't mean we should throw etiquette out the window when it comes to the written word.

In her book Eats, Shoots & Leaves, writer Lynne Truss champions the important role grammar plays in clarifying meaning and eliminating ambiguity in writing. She notes that punctuation marks can be thought of as the traffic signals of language.

"They tell the reader to slow down, notice this, take a detour, and stop."

It's easy to dismiss stuffy rules about capitalization and grammar in a world that has been infiltrated by expressive emojis, text-speak abbreviations and 140-character limits. But appropriate punctuation is a necessary courtesy; it helps the reader to understand your message clearly and avoid misinterpretation.

Sometimes a well-placed punctuation mark can even mean the difference between life and death. Consider how a comma creates two very different scenarios in the following sentences:

"Let's eat, Mom!"

"Let's eat Mom!"

In this case, Mom would be very grateful for that simple piece of punctuation.

And if periods and semicolons help us navigate the roadways of language, correct spelling ensures that we are driving a car and not riding an elephant.

So the next time you visit your local Tim Hortons, I would ask that you bring along a copy of The Canadian Press Stylebook, highlight the portion that reads "doughnuts (never donuts)," and ask the manager to adjust the menu signage accordingly.

ZOOM

A foxy way to predict weather

JUAN KARITA/THE ASSOCIATED PRESS

Folk science used to optimize harvests

Farmer and traditional meteorologist Francisco Condori measures rain water with a flow meter in Cutusuma, on Lake Titicaca's southern shore in Bolivia. For centuries, farmers in the fragile ecosystems of the high Andes have looked to the behaviour of plants and animals to figure out what crops to grow and when. If reeds dried up in the late summer, rainless weather lay ahead, they believed. If the Andean fox made a howling appearance, abundant rains were thought sure to come.

THE ASSOCIATED PRESS

Birds' nests foretell rain

1.3 feet

This year, birds known as quilli quilli, a diminutive species similar to hummingbirds, built their nests about 40 centimetres (1.3 feet) above the water level. Then they dismantled them twice, finally reweaving their nests at nearly twice their original height, which farmers have used as indicators of how much the lake will rise.

Climate change challenge

"We knew it was going to rain a lot."

Francisco Condori,
Traditional meteorologist in Bolivia

And so it did, so much so that rivers in the Amazon basin have flooded their banks, submerging thousands of homes. But reading those signs has become more difficult as climate change alters everything from animal behaviour to the weather.

Clickbait

DYLAN ROBERTSON
Metro Online

ISTOCK IMAGES

Not the best at romance? Keeping up is hard to do. These apps can help you stay on good terms with your sweetie. Yes, these are real apps.

BroApp:
This app will schedule texts to your significant other based on time and your location. For example, "Thinking of you at work" during the lunch hour when you're in the office. ($1.99, iOS)

Romantic Ideas:
This app helps the uncreative come up with date ideas or surprises. Examples include surprise road trips, photo collages and bedroom shenanigans. (free, iOS and Android)

BreakupText or Clean Break Up Texts:
If you have to split, these apps will help you compose a text based on how serious your relationship was, and the reasons you want to break up. (BreakupText: $1.99, iOS; Clean Break Up Texts: free, Android)

Twitter

@Russell_Barth: cannabis tincture

@YouAreMother: a union

@metropicks asked: Twitter will install 19th century log cabins at its headquarters. What 1800s relic do you want at work?

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DVD review

12 Years A Slave

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael K. Williams, Lupita Nyong'o

Steve McQueen's superb drama, the newly crowned best picture Oscar winner, doesn't spare the stick, lash or noose in its all-too-faithful recreation of U.S. slave history.

Yet it also finds humanity in one man's determination to free himself and return to his family. There is hope amidst the horror.

The man is Solomon Northup, played with grace, intelligence and strength by Chiwetel Ejiofor (Children of Men). The Oscar-winning screenplay by John Ridley (Red Tails) draws from Northup's bestselling 1853 memoirs of the same name.

Northup is a 19th-century freeborn African-American, a genteel family man living in progressive New York state, who is duped, drugged and abducted by slave traders from the intolerant south. They range from the kindly (Benedict Cumberbatch) to the mercenary (Paul Giamatti) to the downright maniacal (Paul Dano and Michael Fassbender).

Fassbender's Edwin Epps, a Louisiana plantation owner, comes on like a malevolent hurricane, citing holy scripture as justification for his misdeeds. These include illicit sex with a proud young slave woman Patsey (Oscar winner Lupita Nyong'o), whose very presence enrages Epps's wife, Mary (Sarah Paulson).

Brad Pitt's appearance late in the story might be a disruption in a lesser movie. Here he serves as a reminder that nothing could distract us from the exemplary performances of Ejiofor, Fassbender and Nyong'o, or from a film that achieves greatness in its deft balancing of horror and hope.

Extras include several making-of featurettes.

PETER HOWELL

Need For Speed opens next Friday. CONTRIBUTED

From meth to speed: Aaron Paul shifts gears

Need For Speed.
Breaking Bad star gets behind the wheel in fast-paced action flick

COLIN MCNEIL
colin.mcneil@metronews.ca

Jesse Pinkman is about to go fast, bitch.

Fresh off the success of Breaking Bad, actor Aaron Paul's latest vehicle is Need for Speed — a high octane action film loosely based on the most successful racing video game franchise of all time.

Alongside Imogen Poots, Paul stars as all-American tough guy Tobey Marshall, a street racer framed for a crime he didn't commit, and ready for revenge in a cross-country race.

The movie features a laundry list of million-dollar play toys on wheels most of us could only dream of: Lamborghinis, Ferraris, McLarens, Porsches, and Bugattis, to name a few.

Paul's character pilots an iconic muscle classic with some 21st century power under the hood — a custom Ford Mustang.

But in real life?

"My first car was an '82 Toyota Corolla," says Paul.

"It was a manual, the second gear didn't work, I had to skip from the first to the third, any time it would rain the trunk would fill up with water.

"I took such good car of that car though, I loved it so much."

I hate to Break it to 'Bad fans, but Tobey Marshall hasn't got much in common with beloved meth-rat Jesse Pinkman, except maybe that bad boy image. "He's got a leather jacket so he's definitely an anti-hero," laughs Paul.

"So did Sandy, from Grease," adds co-star Poots. "I'm just saying."

Going from the intensely character-driven drama of Breaking Bad to a nitro-powered action flick was "like a night and day difference," says Paul.

He credits the film's stuntmen with making his character look badass while he sits back and watches.

"What's hilarious is that they're actually very, very gentle guys," says Poots of the film's stunt performers.

"They're kind of tough on the outside but on the inside they're all kind of…"

"Softies," says Paul.

"Yup," agrees Poots.

But despite the help of badass stunt people, Paul still had to go through an intense driving course to prepare for some of the more hands-on scenes in Need for Speed.

"I learned how to do reverse 180s, drifting around corners, a full 360 while driving and then driving out of it, or drifting to the side and stopping on a mark," he says.

While Paul became an amateur stunt driver in his own right, Poots isn't quite as confident behind the wheel. "I'm not really a car person at all really," she admits. "I have a push-bike, and I'm lacking in a driver's license pretty much all the time.

"I live in Los Angeles, the whole thing [driving] is fundamentally ridiculous."

But all those muscle cars and leather jackets must have had some effect on her. "I've got heaps of balls, as a result of Need for Speed," she laughs.

Quoted

"My first car was an '82 Toyota Corolla. It was a manual, the second gear didn't work, I had to skip from the first to the third; any time it would rain the trunk would fill up with water. I took such good care of that car though. I loved it so much."

Aaron Paul on his introduction to the world of cars

Paul on video games

- **What was it like speaking at E3?** "Terrifying," says Paul. "Standing in front of thousands of people, in front of gamers, it was fun, I mean, it was great, but I was terrified, let's be honest."
- **On the Need for Speed games.** "I definitely had played the game," he says, "I didn't realize they had made 15 of them, and I didn't realize how successful they were. And I knew there was no narrative, so this film was kind of working with a blank canvas."

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Leonardo DiCaprio ALL PHOTOS GETTY IMAGES

And the defendant is...: Leo leaves the Oscars with a lawsuit in tow

As if going home from the Oscars empty-handed weren't bad enough, now Leonardo DiCaprio is being sued — along with the other producers of last year's Out of the Furnace — for defamation by members of the Ramapo Mountain, N.J., community, who claim they were painted in an unfair light by the film, according to TMZ.

"Out of the Furnace characterizes the Ramapo Mountain people in an extremely negative manner," the suit alleges. "The Plaintiffs are not the worst people, do not live in trailer homes, are not involved in an underground bare-knuckle fight ring and do not live in a self-contained world of drugs and violence." The film, starring Christian Bale, Woody Harrelson and Casey Affleck, was produced by DiCaprio's company, Appian Way.

Claudia Schiffer

Candied Claudia: So which model made a million for one meal?

Claudia Schiffer cannot be bought, apparently. The supermodel was once offered $1 million by an Arabian prince to join him for a dinner and serve as his "eye candy," she reveals in an interview with Jonathan Ross for his talk show. "It's not all about money," she says. "I just want to be able to walk down the street and be proud of what I do." She also says that another supermodel took the prince up on his offer when she refused, though she won't say who it was.

The Word

30 Seconds 'til I figure this situation out

MELINDA TAUB
Metro World News in New York

Are Jared Leto and Lupita Nyong'o dating or what? The two best supporting Oscar winners are rumoured to be supporting each other, if you know what I mean. Though I'm not sure that I do know. The stunning 12 Years a Slave actress weakly denied the gossip on Ellen last week.

"You know it's crazy 'cause when I read these rumours, they're so detailed that even I start to question whether they're true or not," Nyong'o said. "I know I've believed them in the past and now I guess I can't believe anything."

Her rumored paramour, on the other hand, who won a best supporting actor trophy Sunday night for his role as a transgender AIDS victim in Dallas Buyers Club, announced last night to E!'s Ryan Seacrest that yes, he's dating a best supporting actress nominee — 84-year-old June Squibb.

"Let's put the rumours to rest," he joked with Nebraska star Squibb. "We are indeed dating and it's great."

He added, "I've been having fun. I hope she is, too."

Cute, but Leto should know that I am basically taking all this jokey denial as confirmation that he and Nyong'o really are together. If they're not, they should be. They should at least make their Oscar statues kiss.

George Lopez

A lethargic Lopez tries his luck on a casino carpet

George Lopez was arrested for public intoxication after passing out on the floor of the Caesars Windsor Casino in Windsor, Ont., last week, according to Entertainment Tonight. On the bright side, though, at least the comedian and sitcom star can laugh it off. "Tied one on last night. Not feeling great this morning," he said in a statement the following day. "I was trying to sleep it off. Unfortunately, it was on the casino floor." Lopez was reportedly released without being charged.

Busy Phillips

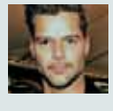
Phillips Busy trying to find Michelle a new man

Busy Phillips is reportedly "desperate to find a man" for pal Michelle Williams, but her judgment might not be the most sound, as the Cougar Town star is apparently trying to push Williams into the newly single arms of Jake Gyllenhaal, according to Radar Online. "Busy's been trying to match-make them for a good year now and got her hopes up when she saw how Jake really became a shoulder to cry on for Michelle at their friend Philip Seymour Hoffman's funeral," a source says. "But despite her efforts, she still hasn't gotten them to go out on a date yet. Busy is not really taking into account that Jake would have an issue with dating the ex of his late close friend Heath (Ledger)." Also, Williams might not be so keen on taking her friend's advice again, as Phillips was reportedly the one who set her up with ex-boyfriend Jason Segel, "who really broke Michelle's heart," another source adds.

Twitter

@justinbieber
Keep the party going

@realjknoxville
Bad Grandpa didn't win for best makeup but i did get a chocolate Oscar to take home.



@ricky_martin
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LIFE 3

Because I'm happy...

Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?" suggests Russ Harris, author of The Illustrated Happiness Trap. ISTOCK

Q&A. While Pharrell's song is making people want to dance in the streets, a new book explains why happiness doesn't always mean good feelings

LASSE EMIL KRISTIANSEN
Metro News in New York City

Happiness is not always about feeling good, says physician and therapist Russ Harris.

He's the author of The Illustrated Happiness Trap, which has illustrations by Bev Aisbett. We talked to Harris about the enigma of that magical "H" word. His attitude on what it means to be truly happy might surprise you.

Can you try to describe what happiness is?
Unfortunately, most people think of happiness as a feeling or emotion. They believe that happiness equates to feeling good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anxiety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as "living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful."

How is this book different from all the other books about happiness?
Well for a start, there's nothing in about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically proven model called acceptance and commitment therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness, which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

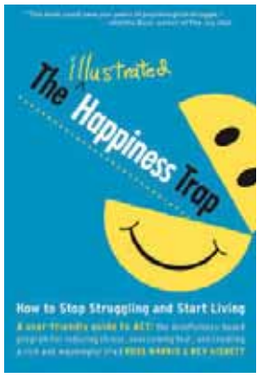
Is it normal to have self-doubt on the road to happiness?
Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious thoughts and feelings flow through you, without getting caught up in them or swept away by them.

For your phone

Adrian Peterson Driven (iPad, $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

While Minnesota Vikings star Adrian Peterson doesn't workout alongside you in this four-week training course, he does use video effectively to demonstrate exercises for building up speed and strength.



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Some food trends are here to stay — really

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, our registered dietitian columnist Sue Mah shares some popular food movements that she says are here to stay. "In my 20 years as a dietitian," she says, "I've learned that the world of nutrition is like fashion — fads come and go. But thanks to new research, some trends will stand the test of time." Here are four:

Getting smart about carbs
We shouldn't be cutting out all carbs. They provide B vitamins, iron and fibre, and are good fuel for our muscles and brain. The key is to choose whole-grain carbs (such as brown rice and barley) more often than refined carbs (such as white rice or white pasta). Whole grains have more vitamin E, magnesium and zinc. Yes, gluten-free is a huge trend too, but another reason grains like buckwheat and quinoa are here to stay is because they are a source of protein.

Eating socially conscious meats
Many grocery store chains such as Longo's, Whole Foods and Sobeys offer meats that have been certified to be humane by the Humane Farm Animal Care, a non-profit organization. That means animals are fed a nutritious diet, raised without antibiotics and allowed sufficient space for grazing. This meat does cost more, but hopefully as demand rises, prices may come down. To find stores that sell certified-humane products, go to certifiedhumane.org.

Being sensible about sodium
The average Canadian eats about 3,400 mg of sodium every day, which is equal to about one and a half teaspoons of salt. Most of that comes from packaged foods. We do need sodium to control our blood pressure and help our muscles and nerves to work properly, but too much can lead to high blood pressure. Health Canada recommends we limit sodium to 1,500 mg a day, but Hypertension Canada reviewed the latest science and found that, for most adults, cutting back to a maximum of 2,000 mg of sodium (just under one teaspoon) daily — a target I feel is more achievable — can still have beneficial effects on blood pressure. Speak to your doctor about what's right for you.

Having better breakfasts
Gone are the days of eating only a muffin for breakfast. The trend is now toward eating protein in the morning to help you feel full, which may minimize overeating during the day. Protein also helps build antibodies and muscles. Aim for 25 to 30 grams of protein at breakfast. Here are two breakfast ideas that each have 25 grams of protein: A peanut butter sandwich on whole-wheat with a glass of skim milk (440 calories); or two scrambled eggs with ham and a cup of soy beverage (390 calories).

There are some food trends that are here to stay, including less salt . ISTOCK

For one more breakfast idea, plus lots of easy, family-friendly recipes, pick up the March/April issue of Best Health.

BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

Future of butting out

Health officials have begun to predict the end of cigarette smoking in America.

They have long wished for a cigarette-free America, but shied away from calling for smoking rates to fall to zero or near zero by any particular year. The power of tobacco companies and popularity of their products made such a goal seem like a pipe dream.

But a confluence of changes has recently prompted public health leaders to start throwing around phrases like "endgame" and "tobacco-free generation." Now, they talk about the slowly-declining adult smoking rate dropping to 10 per cent in the next decade and to 5 per cent or lower by 2050.

Acting U.S. surgeon general Boris Lushniak recently released a 980-page report on smoking that pushed for stepped-up tobacco-control measures. "I can't accept that we're just allowing these numbers to trickle down," he said, in a recent interview with the AP. "We believe we have the public health tools to get us to the zero level."

This is not the first time a federal health official has spoken so boldly. In 1984, Surgeon General C. Everett Koop called for a "smoke-free society" by the year 2000. However,

Experts are calling for a cigarette-free America. ISTOCK

Koop didn't offer specifics on how to achieve such a goal.

"What's different today is that we have policies and programs that have been proven to drive down tobacco use," said Matthew Myers, president of the Campaign for Tobacco Free Kids. "We couldn't say that in 1984."

These developments have made many in public health dream bigger. It's caused Myers' organization and others to tout the goal of bringing the adult smoking rate down to 10 per cent by 2024, from the current 18 per cent. That would mean dropping it at twice the speed it declined over the last 10 years.

The bigger goal is to reduce U.S. smoking-related deaths to fewer than 10,000, from the current level of 480,000. But even if smoking rates dropped to zero immediately, it would take decades to see that benefit, since smoking-triggered cancers can take time to develop.

But while some experts and advocates are swinging for the fences, others are more pessimistic. They say the key to reaching such goals is not simply more taxes and more local smoking bans, but action by the U.S. Food and Drug Administration to regulate smoking.

A 2009 federal law gave the FDA the authority to regulate tobacco products. The law barred FDA from outright blocking the sale of cigarettes, but the agency was free to take such pivotal steps as prohibiting the use of appealing menthol flavouring in cigarettes and requiring cigarette makers to ratchet down the amount of addictive nicotine in each smoke.

But nearly five years after gaining power over cigarettes, FDA has yet to even propose such regulations. Agency officials say they're working on it.

Many believe FDA's delay is driven by defence preparations for an anticipated battery of legal and political challenges.

THE ASSOCIATED PRESS

You love your cat...
but not the allergy

Cat allergy symptoms such as itchy and watery eyes, sneezing and stuffy nose can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

CATALYST
The cat allergy study

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

To learn more, please contact:
613-725-2102 ext 224
www.yangmedicine.com

www.thecatallergystudy.com

ARM YOURSELF WITH COLD, FLU WEAPONS

DON'T LET NATURE'S GERMS DEFEAT YOU

Cold and flu viruses are some of the most widespread and adaptable pathogens nature can throw at us. It's impossible to avoid them completely, but you can arm your household with the tools you need to succeed in nature's "germ warfare."

• Sanitize hot spots: Cold and flu viruses are more frequently transmitted from non-porous surfaces, such as plastic, finished wood, and metal. Once a day, use an anti-bacterial wipe to disinfect the frequently touched hard surfaces around your home, including faucet handles, doorknobs, phones, countertops, keyboards, and remote controls.

• Keep hands clean: Because hand-to-hand and hand-to-surface contact are two of the most common ways to spread viruses, frequent hand washing is essential. Also consider getting bottles of hand sanitizer for places far from sinks, such as the car, garage, basement, and high-contact places away from home, like work or the gym.

• Separate the rations: Avoid serving foods communally. Pour snacks into individual containers rather than letting everyone reach into the bag.

• Issue tissues: Sneezing spreads germs quickly. Give your family members tissues to carry with them, and stash boxes or travel packs in key places, like the kitchen, bathrooms, bedrooms, glove boxes, backpacks, and purses. For extra care, check out Puffs Plus® with the Scent of Vicks® non-medicated facial tissue.

• Be faster about first aid: Cold and flu viruses and germs usually enter the body through the nose, mouth, or eyes, but cuts or abrasions also can be an entryway. Treat them with antiseptic, and apply a fresh bandage quickly.

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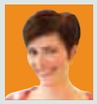
From North Carolina, with love: Seared Scallops with Ragout

Health Solutions

I see your protein and raise you three scallops



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Scallops are one of the fastest weeknight seafoods you can imagine.

They are available frozen year-round. If you buy them on sale and stock up, you can find quite a bargain for your omega-3 buck.

Unlike other frozen seafood, the protein in scallops seems to suffer less damage, netting a nicer texture when thawed then cooked.

Scallops rank around the middle of fishes in omega-3 content but low on the cholesterol, calorie and fat scale, making them excellent health food.

The only trick in cooking them is to pat dry, use a hot pan and don't cook for more than 5 minutes.

Letting them rest before serving helps the scallop to cook through all the way but a little translucence in the centre helps make sure that they aren't like eating erasers.

Three toonie-sized scallops are about 100 calories and yet 18 grams of protein (about one third of a day's requirement).

They also serve up about one-third of your omega-3 needs for the day and a healthy, balanced dose of magnesium, potassium and phosphorus.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

THERESA ALBERT
myfriendinfood.com

You know you're in for a treat when seafood is the speciality at a restaurant. That's the exact case at the historic Carolina Inn in Chapel Hill, N.C.

The walls are lined with historic photos and clippings of important goings on in the south. The dining room is rife with Southern comfort foods, including this recipe for Seared Scallops with Butternut Squash Bacon Ragout, which I adapted from Chef James Clark.

It is quick and simple and the side dish of squash and bacon can be made days in advance and kept for that gastronomic weeknight meal you crave but don't normally have time for.

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 butternut squash (about 4-5 cups cubed)
- 2 strips bacon
- 12 large scallops
- Salt and pepper to taste
- 1 tbsp butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 3 tbsp white wine
- 1/2 bunch chives

1. Peel and chop squash into 1 inch cubes (or use prepared/frozen squash cubes to speed up the dish).

2. In a small pot cover the butternut squash with cold water and place on the stove on high heat and bring to a simmer. Allow to simmer 5-15 minutes until just fork tender but with a little bit of strain and cool.

3. Dice bacon into small cubes and cook in a large sauté pan slowly until crisp. Remove from the heat and drain and reserve the bacon pieces and the drippings separately.

4. Heat the same sauté pan, pat scallops dry with paper towel and season with the salt and pepper, add butter to the pan and place scallops to sear. Once the edges become nice and brown (about 2 mins) turn over and cook 1 min. Then remove and set on paper towels to side in a warm area.

5. In the same pan add back the bacon, shallots and garlic and sauté for a min, then add the squash and the white wine then chives.

6. Place scallops atop a bed of squash. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

FLASH FOOD

From your fridge to your table in 30 minutes or less

No party needed for this cocktail

Ingredients

- Kosher salt
- 2 lemons, quartered
- 2 lbs jumbo shell-on raw shrimp, thawed if frozen

For the sauce:

- 1/2 cup ketchup
- 1/2 cup chili sauce
- Zest and juice of 1 small lemon
- Juice of 1/2 small lime
- 1 heaping tbsp white horseradish
- 1 tsp pureed chipotle peppers in adobo
- 2 tbsp (1 oz) vodka
- 1 tbsp Worcestershire sauce
- Pinch garlic salt
- Celery salt, for serving

1. Fill a large (6- to 8-quart) stockpot halfway with water, then add 2 tablespoons of salt. Bring to a boil. Add the lemons, then return the water to a boil. Add the shrimp, turn off the heat and cover the pot. Leave the shrimp in the water for 2 to 4 minutes, or until cooked through, pink and curled. The larger the shrimp, the longer they will take to cook.

2. Use a slotted spoon to transfer the shrimp to a large bowl. Add enough cold water to cover the shrimp, then stir to cool them. When the shrimp are cool, peel and devein them, then pat them dry and transfer to a platter or plate. Refrigerate until ready to serve.

3. To make the sauce, in a medium non-reactive bowl, mix together the ketchup, chili sauce, lemon juice and zest, lime juice, horseradish, pureed chipotle, vodka, Worcestershire and garlic salt. Taste and adjust seasonings.

4. Sprinkle celery salt around the rim of a serving dish. Transfer the cocktail sauce to a serving bowl and place in the centre of the serving dish. Arrange the chilled shrimp around the edges. **THE ASSOCIATED PRESS**

This Shrimp Cocktail with Bloody Mary Sauce recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Proper planning is the key when trying to turn a small business idea into a reality. MONKEY BUSINESS IMAGES/SHUTTERSTOCK

Small business. A plan is critical

YLVA VAN BUUREN
For Metro

Starting your own business is never as easy as it seems and the better prepared you are going in, the better chance of success you have, says Lee Helkie, a Toronto financial adviser with Advocis, The Financial Advisors Association of Canada.

We often see someone who wants to start a business because they have a great idea or a passion for something and that is important, Helkie said. "But make sure there's a viable business there that can make money."

Proper planning — financial, operational, marketing, and managerial — is the key to turning the idea into a reality, according to the Canadian Bankers Association (CBA). A business plan is critical.

Here are tips to get you started:

- Keep your emotions in check. Whatever this is, you have to make money. "It's a business — treat it that way," Helkie said.
- Speak to someone in the business so you understand profitability factors and day-to-day logistics (for example, if you want to open a bake shop, bakers have to get up at 3 a.m.)
- Be clear about capital and cash flow needs. "You don't have to plan to every penny … but you need to have a guide."
- The best financing scenario is that you use your own money, Helkie said. "There's also lots of financing support including government grants for small business ... you just have to be wily about seeking it out." Visit the following link from the Canadian Business Network for more (canadabusiness.ca/eng/program/search/).

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Ask the right questions when shopping for a mortgage. For example, know what to ask beyond the interest rate, term and amortization. LDPROD/SHUTTERSTOCK

Borrow these tips for securing a loan

JANE DOUCET
For Metro

When Stephanie Holmes-Winton's clients tell her they want to get a bank loan, the first question she asks is what they plan to do with the money.

"It's important to determine whether it's in the client's best financial interest to borrow," said Holmes-Winton, the CEO of The Money Finder, a Dartmouth, N.S.-based financial services training company.

"If their plan is important enough to put a loan in place then we explore the options."

Holmes-Winton offers these borrowing-savvy tips:

Ask the right questions. When shopping for a mortgage, for example, know what to ask beyond the interest rate, term and amortization. Inquire how much you will owe when it comes up for renewal, if you can put extra payments on it if you want to pay it off faster and if there is a penalty for doing so, and whether there is a penalty for paying off the mortgage before the end of the term.

Use a line of credit wisely. Home improvements can boost resale value, but only if you don't borrow more than you think you will get back from the reno. "Don't treat a home equity line of credit like a credit card," Holmes-Winton said. "And ask if it shows up on your credit score because it could skew the score." Find out the interest rate and check to see if there are penalties for paying it off early.

Look beyond monthly payments. To buy a new car, you can get a loan through a bank or the dealership. When hammering out financing with the dealer, don't get suckered by a low sticker price. "We get sold on low monthly payments, but they can be stretched out to eight years," Holmes-Winton said. At that point, you would still be paying the loan while your wheels might need major repairs. Ask about monthly cost add-ons such as life insurance and extended warranty.

No truth in Spezza trade rumours, Murray says

NHL. Sens GM strongly refutes claim that he has dangled the team captain as trade bait

The Ottawa Senators say they have no plans to trade their captain.

Reports surfaced on Monday that the Senators were exploring potential interest in forward Jason Spezza, but shortly afterward Ottawa general manager Bryan Murray refuted those reports.

"The thing that really bothers me, I've got all kinds of calls on that now, and texts on that now, is some guy that I don't know has put it out on Twitter that we're shopping Jason Spezza. Every media guy grabs that and goes with that," said Murray to reporters in Vancouver, where the Senators beat the Canucks 4-2 in Sunday's Heritage Classic outdoor game.

"I had one guy ask if I want to comment to quiet the rumours and I said, 'No.' I'm not going to ... The more I say about it the more it's going to be played over and over in the next couple of days. I'll just say we have not talked, at this point in time, about Jason Spezza."

Leading up to the trade deadline the Senators had been talking about finding a winger for Spezza, not replacing him.

Senators owner Eugene Melnyk told the CBC they had no plans to sell off assets on Sunday.

"We're easily considered a buyer ... we're definitely not sellers," said Melnyk in an interview prior to the start of the Heritage Classic.

That being said, the Senators may not find anything in their price range.

It's no secret the Senators would like to find a winger for Spezza, but they want someone for more than 20 games.

"That's more of what I'm looking at, really," said Murray last week. "If I can make the right deal to get a guy that's played in the league, that has a little term in his contract, that we would get a chance to get to know him and he'd get a chance to get to know us, and maybe then keep him around, that's the ideal thing for me."

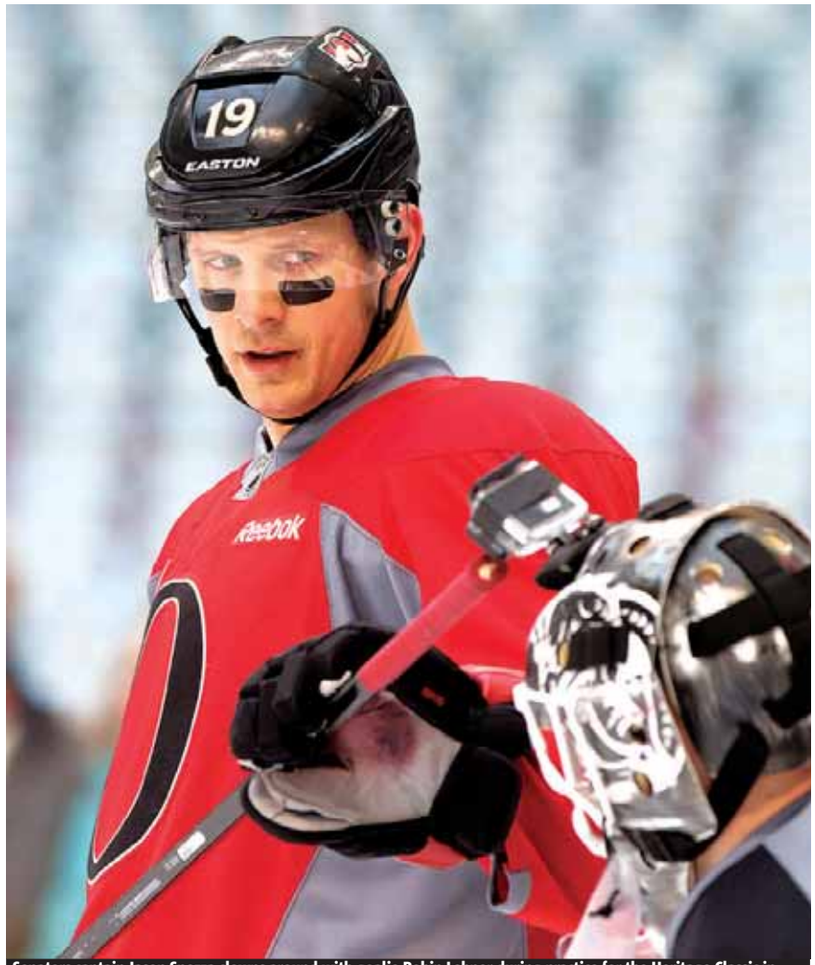
After 61 games it's still extremely difficult to discern whether or not the Senators are a playoff contender. They have gone 12-5-4 since Dec. 27 when they suffered a 5-0 loss to the Boston Bruins, leading many to believe they could make the playoffs.

THE CANADIAN PRESS

Quoted

"If you're an inconsistent team.... You deserve to be a little bit uneasy. You shouldn't be comfortable with the situation. I'm not comfortable."

Senators head coach Paul MacLean



Senators captain Jason Spezza clowns around with goalie Robin Lehner during practice for the Heritage Classic in Vancouver on Saturday. The team has denied that it is shopping Spezza. DARRYL DYCK/THE CANADIAN PRESS

A look at rental and longer-term trade targets

THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

After defeating the Canucks Sunday at the Heritage Classic, Senators coach Paul MacLean repeated one of this season's catch phrases: "We are still going to like where we are after 82 games." You have to love his optimism.

The reality is, even with the victory, the club is three points out of a wild-card position. And that can't sit well with GM Bryan Murray, which begs the question: with 21 games to go are the Senators buyers or sellers at Wednesday's trade deadline?

They aim to be a bit of both. Sound confusing? Well, it is. Murray's search for a top-six forward is ongoing. Although it's not necessarily for a rental player with an expiring contract, but one with term remaining. The exception being, if that "rental" is willing to make their home in Ottawa.

Three years ago the GM took a chance trading for potential unrestricted free agent Craig Anderson. The move worked. Anderson inked a four-year contract to remain a Senator. However, that's a rarity as rentals usually test the free agent market.

Bryan Murray
GETTY IMAGES

The 2014 rentals include Ryan Callahan, Mike Cammalleri, Ales Hemsky, David Legwand, Matt Moulson and Lee Stempniak. Of these names, the Oilers' Hemsky is a possibility. The right-winger played two seasons with Hull of the QMJHL and is familiar with the area.

Rumours were floated last week that Murray was chasing the Blues' Chris Stewart who is will become a UFA in 2015. However, the two-time 28 goal scorer was dealt to the Sabres in the Ryan Miller trade. But that hasn't quelled the rumours, especially now that Murray's nephew, Tim, is heading the Sabres.

Other players fitting this bill are: Tomas Fleischmann, Sam Gagner, Curtis Glencross and P.A. Parenteau. Born in Hull, Parenteau is under contract through 2016.

While Murray is attempting to add to his roster, he's also trying to subtract the contract of Milan Michalek. Earning $6 million this season, the impending UFA is the Senators' highest paid in terms of actual dollars. Michalek can be replaced internally by a player such as Mark Stone.

Adding intrigue is the fact 16-year veteran Chris Phillips may also be dealt, though unless there's an offer Murray can't refuse, expect the Big Rig to re-up with the club.

The Senators being active at the deadline is a certainty and their fans can only hope that they will like where they are after 82 games.

Soccer

Manager facing ban for head-butt

Newcastle manager Alan Pardew is facing a long stadium ban after being charged Monday by the English Football Association with improper conduct for head-butting opposing player David Meyler of Hull during Saturday's match.

Pardrew has until Thursday to respond to the charge. THE ASSOCIATED PRESS

NHL

Preds' Rinne poised for return

Nashville Predators goaltender Pekka Rinne is expected to start Tuesday against the Pittsburgh Penguins in his return from a hip injury that has limited him to only nine games this season.

Rinne, has been recovering from an E. coli infection in his surgically repaired left hip. THE ASSOCIATED PRESS

MLB. Blue Jays become video review guinea pigs

The first review under Major League Baseball's expanded replay system has taken place and after a further look that took 2 1/2 minutes, the call stood. Toronto manager John Gibbons used his challenge to ask umpires to review a play in the sixth inning of Monday's 12-2 loss to Minnesota.

Chris Rahl of the Twins was called safe at first base when shortstop Munenori Kawasaki's throw pulled Jared Goedert off the bag. After a wait of two minutes and 34 seconds, first base umpire Fieldin Culbreth spread his arms in the safe sign. THE ASSOCIATED PRESS

Toronto manager John Gibbons THE CANADIAN PRESS

World Cup

Time to heed lessons of Brazil burden

CATHAL KELLY
Special to Metro

On Saturday, the roof of the World Cup stadium in Belo Horizonte came apart in a storm and fell onto the pitch. Three hours later, they played a game there anyway.

The drainage system malfunctioned. The contest took place in splash-pool conditions.

Four other stadiums are not yet completed. Two of them aren't due for delivery until April.

Much of the infrastructure has been abandoned. Driving is impossible. There is no viable rail system. Flights are hard to find, and the prices usurious.

The potential for violence is another real concern.

Tuesday marks 100 days until the start of the 2014 World Cup in Brazil. Here's the really frustrating thing — it will all come off somehow.

Success is a function of TV. The proof is in the difference between my up-close impressions of Sochi and those of friends who watched it on TV. I found the place shabby and depressing. They thought it looked great. Success!

Brazil 2014 won't work well. But it will look good on TV.

It's obvious many average Brazilians have no desire to pay for the world's party.

At some point, this crooked system will collapse under its own weight. It's only been supported this long based on "fairness." Why should the First World get to host all the best parties?

Because we can afford it. Because we don't invade our neighbours. Because we don't strip our own citizens of basic necessities in order to decorate. Because we don't treat our workforce like a slave army.

Most importantly, because we put some stock in being good, rather than just looking good. GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY.

Members of Canada's Team 3 react after a crash during the four-man bobsled heats at the Sochi Olympics on Feb. 22. JULIAN FINNEY/GETTY IMAGES

Overcoming the post-Sochi blues

Olympics. Taking a timeout appears to be best form of medicine

Heading into the Olympics, every single day of an athlete's life is structured.

Then — medal or no medal — that comes to an instant end once they step off the ice or get to the bottom of the hill of their Olympic event.

That makes the weeks and months right after a Games a challenging time for many athletes left with uncertain futures and free time on their hands.

"There's always talk about this post-Olympic lull or depression," said bobsledder Cody Sorensen of Ottawa, who just competed in the Sochi 2014 Games. "For me, it's been the opposite."

He hasn't seen the inside of a gym since the Olympics and his eating and sleeping habits are way off, too.

"It's so liberating," said the 27-year-old from Ottawa.

"I haven't gotten more than four or five hours of sleep a night in the last week but I'm not stressing about it," he said.

Olympic ice dance and team event silver medallists, Tessa Virtue and Scott Moir have also been enjoying a break since the Games.

"That was a pretty good training session," Moir said Monday, after a 20-minute skate at the Harbourfront Centre with elementary school kids in an RBC skate program.

"You get a bit addicted to being in shape and already it feels a bit weird," Moir said. "In the next week we'll be getting back."

The London, Ont., duo are skipping this month's world championships in Japan, in part, to be able to celebrate their silver medals.

"We don't want to miss the opportunities to be part of that bigger Olympic spectrum that goes on past Feb. 22 and into March and April," said Moir.

Alpine snowboarder Caroline Calve of Aylmer, Que., watched Monday's skating from the sidelines with Sorensen, joking that it would be "too dangerous" for the children to have her on the ice.

Calve, who came down with a cold just before leaving for the Olympics, wasn't able to get the podium finish she was looking for in Sochi.

"It's kind of nice to see big smiles on everybody's faces," she said referring to the kids. "It kind of reminds you why you were doing sport in the first place, it wasn't necessarily to win medals, it was to have fun in your life."

TORSTAR NEWS SERVICE

The thrill is gone

"You work four years for one event and then it's suddenly over."

Alpine snowboarder Caroline Calve, describing the feeling of letdown in the days following the Olympics.

Toronto's Patrick Chan GETTY IMAGES

Chan out of figure skating worlds

Toronto's Patrick Chan is giving the world championships a miss, but he isn't finished with competitive figure skating just yet.

Chan captured two silver medals at last month's Sochi Winter Games — men's singles and the inaugural team event. But he doesn't have the urge to resume training to defend his world title when the event is held in Saitama, Japan, later this month.

"Honestly, I know in my heart I want to win another world championship ... I really don't feel like this is the end," Chan said during a conference call. "(After Sochi) I asked myself if I could see myself training at the immediate moment, like right now could I go into training like I did before the Games?"

However, the 23-year-old said he's committed to chasing a fourth world championship at some point.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Not everyone shares your principles and beliefs, so don't take it as a personal affront if others disagree with you today – which they will. Everyone is entitled to their own opinions.

♉ Taurus
April 21 - May 21
You may be tempted to give up on something that just won't go the way you want it to go. Don't. Later this week something will happen that makes you realize that your slow progress is just a blip.

♊ Gemini
May 22 - June 21
The planets warn that if you come on too strong today someone you work with will be so intimidated that in future they will try to keep a distance between you, which is not what you want at all.

♋ Cancer
June 22 - July 23
You have made up your mind about an issue and the more others try to change your mind the more determined you are to follow your own interpretation. Just make sure it's the correct interpretation.

♌ Leo
July 24 - Aug. 23
Someone whose personality is as strong as your own will refuse to follow your lead today and you won't be too happy about it. But what can you do? Let them do their own thing.

♍ Virgo
Aug. 24 - Sept. 23
Try not to waste time and energy on people who are clearly not worth the effort. Certain individuals will always be ungrateful no matter what you do – it's in their nature – so identify them and avoid them, as much as you can.

♎ Libra
Sept. 24 - Oct. 23
Anyone who disagrees with your right to dictate terms will be out in the cold very quickly. Usually you are happy-go-lucky but today the happiest and luckiest people will be those who don't cross you!

♏ Scorpio
Oct. 24 - Nov. 22
Try to avoid petty arguments. Yes, it may look to others as if you are taking the easy way out but the fact is you cannot be bothered to waste time irrelevant issues.

♐ Sagittarius
Nov. 23 - Dec. 21
The situation you have to deal with today is of a kind you would prefer to avoid, but you will find it provides the kind of challenges that require brain power to resolve – and that's the kind you enjoy.

♑ Capricorn
Dec. 22 - Jan. 20
You may lose your temper with a work colleague over the next 24 hours. But don't get so angry that you risk bursting a blood vessel. Why put your health at risk over someone else's stupidity?

♒ Aquarius
Jan. 21 - Feb. 19
You will be a hero to some and a villain to others today – there will be no in between. Whatever you say that causes a fuss don't let anyone tell you that you should keep quiet.

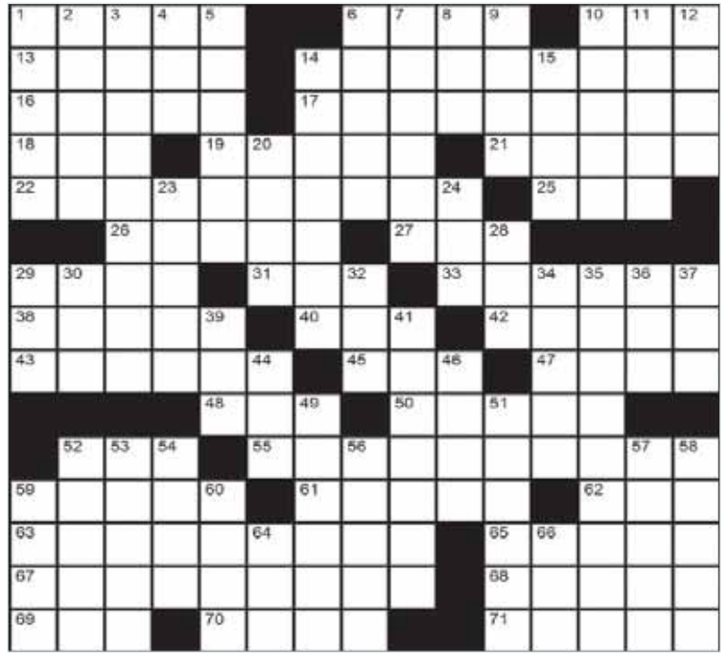
♓ Pisces
Feb. 20 - March 20
The Sun in your sign boosts your confidence and makes you believe that all things are possible – but others, it seems, still need convincing. You can, if you try, win people round to your point of view.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

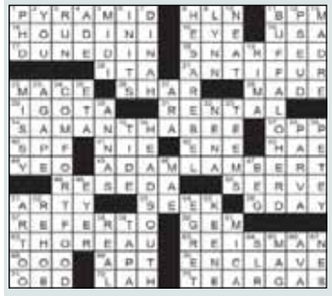
BY KELLY ANN BUCHANAN



Across
1. Desert transport
6. Historic Canadian Louis
10. "Swamp Pawn" channel
13. "Star Trek" role
14. New Orleans carnival: 2 wds.
16. Cow's 'first stomach'
17. Nightclub service: 2 wds.
18. Furniture wood
19. Launch
21. Friends, olden-days style
22. Legendary singer/songwriter/pianist: 2 wds.
25. Joe __ (Canadian who is the Creative Director of ELLE Magazine)
26. New Zealand people
27. Meas. from a circle's centre
29. Old†Testament son
31. PM or Pres., e.g.
33. Pro dancer Mr. Chmerkovskiy
38. Like green-covered stones
40. Conclusion
42. Hawk type
43. Maintenance
45. Meet
47. Microsoft's search engine
48. ABBA song
50. Will, fancy-style
52. HBC part
55. 1987 Sci-Fi movie spoof
59. Ontario: The Cochrane Polar Bear Habitat's bear whose name means 'Snowflake' in Inuktitut
61. Showbiz kid Ms. Willis
62. Mr. Wallace
63. Constellation; or, Gene Roddenberry created TV series
65. Pointed arch
67. April Wine song: 2 wds.
68. Canadian musician Mr. Zappacosta
69. Rapper, __ Rida
70. Auction actions
71. Bible-sounding verb

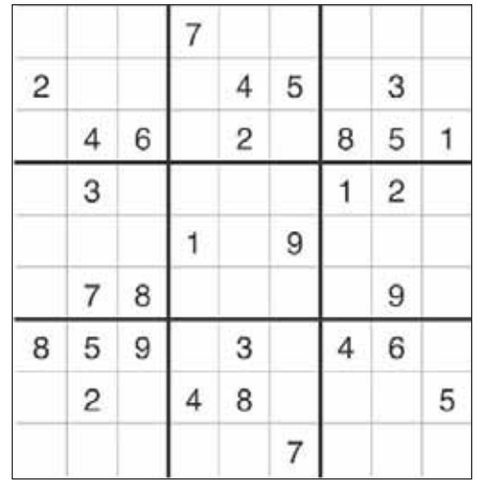
Down
1. Doctor
2. Song from 1961 Elvis movie "Blue Hawaii": "Rock-_-__ Baby"
3. Treasure of ancient Egypt: 2 wds.
4. Bard's 'before'
5. Welcome cry from a ship's crowsnest!: 2 wds.
6. French painter Mr. Dufy (b.1877 - d.1953)
7. More angry
8. Summer hrs. indicator
9. Defeat
10. Greek island
11. Papier-__
12. Frowning-upon sound effects
14. Country music's Martina
15. Robert __, PEI Premier
20. Peer
23. Reason
24. "Cheers" bartender
28. Lightly apply
29. Three-lettered bird
30. Drench
32. Medical pros
34. Samuel Taylor Coleridge poem, __ Khan
35. Bowl of apples painting, for instance: 2 wds.
36. Canadian broadcaster Marci
37. "I'm a __: half man, half dog. I'm my own best friend." — John Candy in #55-Across
39. Not no
41. Vintage Sony CD-player
44. Neg. opposite
46. Yoredom's 'you'
49. Banquet
51. Overseas
52. Commonplace
53. "Then...?": 2 wds.
54. Portable dwelling of Mongolia
56. Luxury cars
57. Mr. Strauss' pants
58. Sugary
59. Sailing spar sort
60. Hoda __ (NBC daytime chat personality)
64. Ath.'s injury scan
66. __ Worm (Toy)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

9	3	6	5	4	7	8	2	1
1	7	5	3	8	2	9	4	6
2	4	8	1	9	6	5	7	3
4	8	7	6	3	1	2	5	9
5	6	1	2	7	9	3	8	4
3	9	2	4	5	8	1	6	7
6	1	4	9	2	5	7	3	8
8	5	3	7	1	4	6	9	2
7	2	9	8	6	3	4	1	5

Today
-11°/-21°
Flurries
60%

Wednesday
-9°/-16°
Variable

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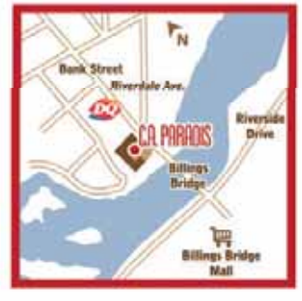

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